





DOWNTOWN BRANCH

March Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
\$ YSPIN 5:30 AM Amanda - Southside of Large Gym	\$ TRX 5:30 AM Don - Southside of Large Gym		\$ TRX 5:30 AM Don - Southside of Large Gym	STRENGTH & BALANCE 5:30 AM Lauren - Southside of Large Gym	
				\$ YSPIN 8:30 AM Bob - Southside of Large Gym	\$ BOOTCAMP 8:00 AM Brendan - Southside of Large Gym
\$ AQUA FIT 10:00 AM Lauren - Large Pool	\$ AQUA FIT 10:00 AM STAFF - Large Pool	\$ AQUA FIT 10:00 AM Christine - Large Pool	\$ AQUA FIT 10:00 AM STAFF - Large Pool	\$ AQUA FIT 10:00 AM Christine - Large Pool	\$ AQUA FIT 9:00 AM Michelle/Christine - Large Pool
					ZUMBA 11:15 AM LaMonica - Court One
AMPD Build 30 12:15 PM Theresa - Large Gym		YSPIN 30 12:30 PM Bob/Theresa - Large Gym		STRECH 30 12:30 PM STAFF - Squash Court	AQUA ZUMBA 12:30 PM LaMonica - Large pool
	AQUA ZUMBA 5:15 PM Gayle - Large Pool		AQUA ZUMBA 5:15 PM Gayle - Large Pool		
\$ TRX 5:30 PM Kelly - Southside of Large Gym		ZUMBA 5:30 PM Tracy - Court One			SUNDAY \$ BOOTCAMP 12:30 PM Kelly - Southside Large Gym
					

LOCATIONS

Downtown Branch

127 W. Wesley St.

Summit Branch

2151 Ferguson Rd.

517.782.0537

JacksonYMCA.org

PRICING

YMCA Members

Classes marked with a "\$" are:

- \$8 drop-in ; \$22 monthly

All other classes are FREE

Community Members

- \$15 drop-in; \$98 for 10 classes

Download our app for updates!

Download YMCA Universal; make sure notifications are enabled.


CELEBRATE WITH US

JOIN US MARCH 4

- \$0 Join FEES
- \$100 OFF all Annual Memberships
- FREE key fob with the purchase of Summit Branch 24-hour access, a \$25 savings.
- Spin the Prize Wheel for a chance to win amazing prizes.
- Enjoy a chair massage from 9 to 11 AM compliments of Michigan's Family Chiropractic
- Complimentary Coffee all day

SUMMIT BRANCH

March Group Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
\$ TRX TRAINING 5:30 AM Belinda	\$ SPIN & CORE 5:30 AM Belinda	NEW \$ SPIN 5:30 AM Amanda	\$ BUTS & GUTS 5:30 AM Margot	\$ RIDE & RENEW 5:30 AM Teresa	\$ YSPIN 8:30 AM Xavier
CARDIO COMBO 8:30 AM Lori VIRTUAL AVAILABLE	20/20/20 8:30 AM Mailynn VIRTUAL AVAILABLE	FULL BODY STRENGTH 5:30 AM Margot	CARDIO BARRE 8:30 AM STAFF VIRTUAL AVAILABLE	BARRE 8:30 AM Lori VIRTUAL AVAILABLE	\$ BODY PUMP 8:45 AM Jen
\$ BODY PUMP 9:45 AM Michelle	\$ YSPIN 8:30 AM Bob	\$ RIDE & RENEW 8:30 AM Teresa	PILATES 9:45 AM Michelle		ZUMBA 10:00 AM Jen
SENIOR FITNESS 11:00 AM Sherri	PILATES 9:45 AM Michelle - Spin Room	\$ STRENGTH CAMP 9:45 AM Jeff	SILVER SNEAKERS 11:00 AM Michelle	SILVER SNEAKERS 11:00 AM Jeff	\$ CARDIO HITT/ REBOUNCE 10:00 AM Rosa/Sheryl - Spin Room
\$ YOGA 12:15 PM Natalie	\$ YOGA 9:45 AM Teresa	ZUMBA GOLD 11:00 AM Sherri			
BARRE 4:30 PM Lori	SILVER SNEAKERS 11:00 AM Jeff		ZUMBA 5:30 PM Karah		
\$ YSPIN 5:30 PM Elaine	\$ BODY PUMP 5:30 PM Jen	TOTAL BODY CONDITIONING 4:30 PM Lori	\$ YSPIN 5:30 PM Elaine		
ZUMBA 5:30 PM Jen		\$ CARDIO HITT 5:30 PM Rosa	\$ XTREME HIP HOP STEP 6:30PM Vicki		MOVE MORE IN '24 MEMBER CLASSES 5:30PM Personal Training Staff

2024 2nd Annual

Shamrock Shuffle 5k

Run/Walk



Join us Saturday, March 16 at 12:30 pm
to kick-off St. Patty's Day with a brisk run or walk
through downtown Jackson.

Register @ <https://runsignup.com/Race/MI/Jackson/JacksonYMCAShamrockShuffle>

SPRING SWING

GOLF CLINIC



TRX GOLF CLINIC
INCLUDES: 2 DAY CLINIC,
TRX GOLF CLINIC
HANDOUT AND 2
EVENING GOLF
SIMULATOR TIMES FOR
CLINIC GROUP. CLINIC IS
FREE FOR MEMBERS
\$30 COMMUNITY DROP IN.